

# Sarí Harrar

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I am an award-winning freelance writer with more than 20 years of experience, specializing in health, medicine, and science for national magazines, books, websites, newspapers and custom content.

*Areas of expertise:* Prevention, self-care and treatment for major health conditions -- from arthritis, asthma and Alzheimer's disease to urinary tract infections and varicose veins. Special expertise in heart health, diabetes, pain, fatigue, cancer, nutrition, aging, women's health including menopause and osteoporosis, kids' and teen health, fitness, psychology, relationships, drug safety, herbal remedies, alternative and complementary therapies.

**Magazines:** *The Good Life (Dr. Oz's magazine), O: Oprah magazine, Good Housekeeping, Women's Health, Consumer Reports on Health, Woman's Day, Family Circle, Organic Gardening, Parade Magazine, Better Homes and Gardens, Readers Digest, Marie Claire, Shape, Fitness, Prevention, American Baby, Today's Dietitian*

## **Books**

- *Lower Your Blood Pressure Naturally (Rodale 2014)*
- *The Amazing Healing Powers of Nature (Readers Digest Australia, 2014)*
- *The Two-Day Diet (Rodale 2013)*
- *Natural Menopause Solution (Rodale, 2012)*
- *Relief at Last!: The Prevention Guide to Natural Pain Relief (Rodale, 2012)*
- *Conquering Heart Attacks & Strokes: A Simple 10-Step Plan for Lifetime Cardiac Health (Readers Digest, 2012)*
- *Flat Belly Diet Diabetes! (Rodale, 2010)*
- *The Sugar Solution (Rodale 2006). New York Times best-seller.*
- *Dream Big: O's Guide to Discovering Your Best Life (Oxmoor 2009); contributor*
- *Love Your Life: O's Handbook for Your Best Today—and Tomorrow (Oxmoor 2010; contributor)*
- *The 7 Stages of Marriage: Laughter, Intimacy, Passion Today, Tomorrow, and Always (Readers Digest 2007)*
- *Instant Health Answers (Readers Digest 2010)*
- *No More Brain Drain (Readers Digest 2009)*
- *Long Life Prescription (Readers Digest 2008)*
- *What Works What Doesn't (Readers Digest 2008)*
- *30 Minutes a Day to a Healthy Heart (Readers Digest 2005)*
- *The Woman's Book of Healing Herbs (Rodale 1999)*

**Custom Publishing:** My work appears in custom magazines, newsletters and websites including Johns Hopkins Healthy Aging, *The Training Edge* (magazine of the National Academy of Sports Medicine), *YOU24* (Pearl Award-winning magazine of 24-Hour Fitness), MedImmune's "Born Early" (winner of a 2009 Pearl Award), Humana's Humana Active Outlook magazine as well as publications for several large hospital systems.

## **Online**

- ***The Philadelphia Inquirer:*** I was Philly.com's Kids' Health blogger from February through December 2012. Developed the blog, which started in 2012. It was this major American newspaper's most-visited health blog. 3-5 blogs weekly, web chats with experts, coordinate guest blogs from a team of doctors, psychologists and other top children's health experts.
- ***RealAge:*** Regular contributor of features and health tips.
- ***The Sugar Solution website,*** 2006-1007. Message board moderator and content provider for Rodale website companion to best-seller *The Sugar Solution*
- Articles and quizzes for Prevention.com, Revolution Health, Better Health and Living, MyOptumHealth websites.

## **Newspapers**

- ***YOU Docs column, Hearst newspapers:*** Write syndicated Sunday health features for the "You Docs" Mehmet Oz MD and Michael Roizen MD. Published weekly in about 80 Hearst newspapers across US and Canada.

## **Awards**

- National Garden Writers Association. 2008: Gold Award for Feature Writing, "The Bee Crisis" published in Organic Gardening magazine
- CASE/Harvard Medical School Journalism Fellowship, 2003
- Numerous Health Information Awards

## **Previous Experience**

- Health news editor, *Prevention* magazine. 1998-2004. Developed, assigned, and edited 18-page front-of-book News & Trends section, Medical Breakthroughs department, and Healthy Kids department.